

Table 1. Mean values of the variables measured during the three trials

	Pre-competition	Post-competition	Recovery
Age (years)	20.6 ± 0.7	20.8 ± 0.9	20.7 ± 0.8
Height (cm)	178.2 ± 4.5	178.2 ± 4.5	178.2 ± 4.5
Weight (kg)	72.5 ± 10.5	72.5 ± 10.5	72.5 ± 10.5
Heart rate (beats min ⁻¹)	135 ± 10	145 ± 15	130 ± 10
Systolic blood pressure (mmHg)	115 ± 10	125 ± 15	110 ± 10
Diastolic blood pressure (mmHg)	75 ± 10	80 ± 15	70 ± 10
Lactate concentration (mmol l ⁻¹)	1.0 ± 0.2	2.5 ± 0.5	1.2 ± 0.3
Glucose concentration (mmol l ⁻¹)	4.5 ± 0.5	4.0 ± 0.5	4.2 ± 0.5
Creatinine concentration (μmol l ⁻¹)	60 ± 10	60 ± 10	60 ± 10
Urea nitrogen concentration (mg dl ⁻¹)	10 ± 2	10 ± 2	10 ± 2
Proteinuria (g day ⁻¹)	0.5 ± 0.2	1.5 ± 0.5	0.8 ± 0.3
Urinary creatinine excretion (g day ⁻¹)	1.0 ± 0.2	1.0 ± 0.2	1.0 ± 0.2
Urinary urea nitrogen excretion (g day ⁻¹)	0.5 ± 0.1	0.5 ± 0.1	0.5 ± 0.1
Urinary protein excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary albumin excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgM excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgE excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgD excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgF excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG2 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG1 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA1 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA2 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgM1 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgM2 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgE1 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgE2 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgF1 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgF2 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG21 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG22 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG11 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG12 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA11 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA12 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA21 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA22 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgM11 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgM12 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgM21 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgM22 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgE11 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgE12 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgE21 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgE22 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgF11 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgF12 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgF21 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgF22 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG211 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG212 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG221 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG222 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG111 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG112 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG121 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgG122 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA111 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA112 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA121 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3
Urinary IgA122 excretion (g day ⁻¹)	0.5 ± 0.1	1.5 ± 0.5	0.8 ± 0.3

CORRESPONDENCE INFORMATION

APPLICATION INFORMATION

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